Exploration Essence Residential Workshop

2004 Website Program Description

Exploration Essence is a groundbreaking new program that deepens our experience of self.

Peter Russell, the author of many books on spirituality, and the producer of the video "The Global Brain" comes together with Karen Malik, a senior Monroe Institute facilitator, to create this unique opportunity for Monroe graduates to look at the essence of spirituality - beyond techniques, teachings, teachers and texts.

Peter brings thirty years of research into the nature of consciousness and the key processes that enhance our inner evolution. Integrating science and spirituality, he has focused on distilling the essential wisdom of self-awakening. His explorations into the nature of mind have led to a deep appreciation of mysticism and its quest for the true self. His current work focuses on ways to liberate ourselves from the various mental traps that keep us locked in the ego-mind.

Karen, a transpersonal therapist and healer, has been leading programs at the Institute for twenty-seven years. She has also been a longtime student of A. H. Almaas and the Diamond Heart approach. These teachings focus on the various facets of our essence - the ground of our being.

To access our inner being we have to step behind the thinking mind to subtler levels of consciousness. There we can begin to explore the essence of self. Many of the great mystics, seers, and yogis discover the pure self to be divine, the source of true peace and love - the essence of all that we have ever sought.

Using meditation, self-reflection, discussion and specially created live Hemi-Sync® sessions, we will explore such questions as:

· How can we open to the being that underlies our thoughts and experiences?
· What does it take to be more in the present moment?
· How can we listen better to the still quiet voice within?
· What do we really mean by a change in consciousness?
· How can we open our hearts to the love and wisdom they hold?
· How, by recognizing our essence, can we live more fulfilling and caring lives?

The six days will also provide a rare opportunity to explore, in some depth, Peter's ideas on the nature of consciousness and his most recent book, From Science to God.

"I have a stronger sense of inner strength, confidence and peace."

"It has brought my life together, bringing spirituality into my experience."

"I am better able to attune to the deeper sense of self beyond thought and emotion."

"It has transformed my life, and the changes have stayed with me throughout the year."

Using meditation, self-reflection, discussion and customized Hemi-Sync
sessions we will explore such questions as: How can we recognize and open to the being that underlies our thoughts and experiences? What does it take to be in the present

moment? How can we listen better to the still quiet voice within? What do we really mean by a change in consciousness? How can we open our hearts to the love and wisdom they hold? What is the relationship between light and consciousness, and what does it have to say about the timeless moment? And how, by learning to recognize our essence, its qualities and how it expresses itself, can we live more fulfilling and caring lives?

The six days will also provide a rare opportunity to explore in some depth Peter's ideas on the nature of consciousness and his most recent book, From Science to God.